

CHELSEA PIERS AQUATIC CLUB AGE GROUP QUALIFIER LANE ASSIGNMENTS

Friday February 2, 2018

Session #1 11 / Over Distance

WARM-UP SESSION 1: General Warm-Up															
3:00-3:40															
Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
CLOSED	ICSC	SJCC	CAC	Bulkhead	EEX	EEX	GYWD	GYWD	GYWD	WRAT	WRAT	CPAC	CPAC	CPAC	CPAC
	OXO				PSDY										
	GRYM														

WARM-UP SESSION 2: STARTS & SPRINTS															
3:45-3:55															
Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
CLOSED	Circle	Circle	Circle	Bulkhead	Starts / One-Way Sprints										Pace

<p style="font-size: 1.2em; margin: 0;">MEET STARTS</p> <p style="font-size: 1.2em; margin: 0;">4:00</p>
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CHELSEA PIERS AQUATIC CLUB AGE GROUP QUALIFIER LANE ASSIGNMENTS
Saturday February 3, 2018
Session #2 13/Over

WARM-UP SESSION 1: General Warm-Up																
6:30-7:00																
Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0	
CLOSED		EEX	EEX		GYWD	GYWD	GYWD	GYWD	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC

WARM-UP SESSION 2: General Warm-Up																
7:05-7:35																
Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0	
CLOSED			SJCC		MAC	WRAT	WRAT	WRAT	WRAT	WRAT	PSDY	PSDY	ICSC	CAC	CAC	

WARM-UP SESSION 3: STARTS & SPRINTS																
7:40-7:50																
Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0	
CLOSED	Circle	Circle	Circle		Starts / One-Way Sprints											Pace

MEET STARTS
7:55

CHELSEA PIERS AQUATIC CLUB AGE GROUP QUALIFIER LANE ASSIGNMENTS
Saturday February 3, 2018
Session #3 12/Under

WARM-UP SESSION 1: General Warm-Up & Sprints at Coach's Discretion
11:30-11:55

Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
CLOSED		PSDY	PSDY		PSDY	PSDY	PSDY	CAC	MAC	EEX	GYWD	GYWD	GYWD	GYWD	GYWD

WARM-UP SESSION 2: General Warm-Up & Sprints at Coach's Discretion
11:57-12:22

Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
CLOSED					ICSC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC

WARM-UP SESSION 3: General Warm-Up & Sprints at Coach's Discretion
12:24-12:49

Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
CLOSED					RYE	SJCC	SJCC	SJCC	SJCC	WRAT	WRAT	WRAT	WRAT	WRAT	WRAT

MEET STARTS
1:00pm

CHELSEA PIERS AQUATIC CLUB AGE GROUP QUALIFIER LANE ASSIGNMENTS
Sunday February 4, 2018
Session #4 13/Over

WARM-UP SESSION 1: General Warm-Up																
6:30-7:00																
Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0	
CLOSED	SJCC	EEX	EEX		GYWD	GYWD	GYWD	GYWD	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC

WARM-UP SESSION 2: General Warm-Up																
7:05-7:35																
Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0	
CLOSED	GRYM	GRYM	GRYM		WRAT	WRAT	WRAT	WRAT	WRAT	WRAT	CAC	CAC	ICSC	MAC	RYE	

WARM-UP SESSION 3: STARTS & SPRINTS																
7:40-7:50																
Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0	
CLOSED	Circle	Circle	Circle		Starts / One-Way Sprints											Pace

MEET STARTS
7:55

CHELSEA PIERS AQUATIC CLUB AGE GROUP QUALIFIER LANE ASSIGNMENTS
Sunday February 4, 2018
Session #5 12/Under

WARM-UP SESSION 1: General Warm-Up & Sprints at Coach's Discretion
11:30-11:55

Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
CLOSED			MAC		MAC	GRYM	GRYM	GRYM	CAC	EEX	GYWD	GYWD	GYWD	GYWD	GYWD

WARM-UP SESSION 2: General Warm-Up & Sprints at Coach's Discretion
11:57-12:22

Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
CLOSED			ICSC		ICSC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC	CPAC

WARM-UP SESSION 3: General Warm-Up & Sprints at Coach's Discretion
12:24-12:49

Lane 14	Lane 13	Lane 12	Lane 11	Bulkhead	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 0
CLOSED					RYE	SJCC	SJCC	SJCC	SJCC	WRAT	WRAT	WRAT	WRAT	WRAT	WRAT

MEET STARTS
1:00pm

**CHELSEA PIERS AQUATIC CLUB FEBRUARY 2018 AGE GROUP QUALIFIER
Timer Requirements**

**Friday February 2, 2018
Session #1 Distance**

NOTE: Team timers for 400 IM & 500 Free. 1650 swimmers provide own timers.

Team	Timers Required
Connecticut Aquatic Club (CAC)	2
Chelsea Piers (CPAC)	6
Eastern Express Swim Team (EEX)	2
Greenwich YWCA Dolphins (GYWD)	4
Italian Center Swim Club (ICSC)	0
Oxford Otters (OXO)	0
Piranha Swimming (PSDY)	1
Stamford JCC Stingrays (SJCC)	2
Westport YMCA (WRAT)	4
YMCA of Greenwich Marlins (GRYM)	1
TOTAL	22

Saturday February 3, 2018

Session #2 13/ Over

Session #3 12/ Under

Team	Timers Required	Team	Timers Required
Connecticut Aquatic Club (CAC)	2	Connecticut Aquatic Club (CAC)	1
Chelsea Piers (CPAC)	8	Chelsea Piers (CPAC)	8
Eastern Express Swim Team (EEX)	0	Eastern Express Swim Team (EEX)	0
Greenwich YWCA Dolphins (GYWD)	4	Greenwich YWCA Dolphins (GYWD)	3
Italian Center Swim Club (ICSC)	0	Italian Center Swim Club (ICSC)	0
Middlesex Aquatics Club (MAC)	1	Middlesex Aquatics Club (MAC)	0
Piranha Swimming (PSDY)	2	Piranha Swimming (PSDY)	3
Stamford JCC Stingrays (SJCC)	0	Rye YMCA WaveRyders (RYE)	0
Westport YMCA (WRAT)	5	Stamford JCC Stingrays (SJCC)	3
		Westport YMCA (WRAT)	4
TOTAL	22	TOTAL	22

Sunday, February 4, 2019

Session #4 13/Over

Session #5 12/ Under

Team	Timers Required	Team	Timers Required
Connecticut Aquatic Club (CAC)	2	Connecticut Aquatic Club (CAC)	0
Chelsea Piers (CPAC)	8	Chelsea Piers (CPAC)	8
Eastern Express Swim Team (EEX)	1	Eastern Express Swim Team (EEX)	0
Greenwich YWCA Dolphins (GYWD)	3	Greenwich YWCA Dolphins (GYWD)	4
Italian Center Swim Club (ICSC)	0	Italian Center Swim Club (ICSC)	0
Middlesex Aquatics Club (MAC)	0	Middlesex Aquatics Club (MAC)	0
Rye YMCA WaveRyders (RYE)	0	Rye YMCA WaveRyders (RYE)	0
Stamford JCC Stingrays (SJCC)	0	Stamford JCC Stingrays (SJCC)	4
Westport YMCA (WRAT)	5	Westport YMCA (WRAT)	4
YMCA of Greenwich Marlins (GRYM)	3	YMCA of Greenwich Marlins (GRYM)	2
TOTAL	22	TOTAL	22